

# EENS ESH Newsletter

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## Let's Talk Turkey



Before photo courtesy of S. Springston



Or about the top 4 Thanksgiving safety concerns:

- 1) **Choking on food** - Remember the Heimlich Maneuver? If not, refresh your memory at this website ([http://firstaid.about.com/od/cpr/ht/06\\_heimadult.htm](http://firstaid.about.com/od/cpr/ht/06_heimadult.htm)).
- 2) **Cutting** - Getting a cut in the kitchen is a common occurrence. Always remember to wash cuts with warm soap and water then stop the bleeding.
- 3) **Fire** - Grease fires are notoriously dangerous. It's easy to extinguish the typical grease fire by smothering it, but make sure everyone is heading out of the house first. Smother a grease fire by covering it with a pan lid. Never deep fry turkeys in or near your home.
- 4) **Burns** - Burns are some of the most common injuries around the house. Treating a burn begins with stopping the burning process. Cool the burned area with cool running water for several minutes. Do not use butter or oil on a burn!

For more information on these 4 topics go to:

<http://firstaid.about.com/od/injuriesathome/tp/tnxgivingER.htm>



Machine Shop had excellent work planning controls.

## ESH Management Review

How did we do? Every year EENS Managers and the ESH Committee, along with Lab ESH managers, review our ESH Program performance. We had a very successful year overall, with no EENS DOE/Reportable or DART cases this past year and no Audit Findings or Non-Conformances. We did have some first-aid injuries and traffic violations (up slightly from last year), and opportunities for improvement. EENS met all goals set for FY08 and participated in approximately 20 ESH-related assessments (involving a variety of staff participation). We made considerable progress toward our on-going efforts of clean-up and chemical and rad waste disposal (over 16,000 pounds of legacy waste). Thank you for your part in an effective ESH program.

For more information on the management review go to the Research Operations Web site: <http://www.bnl.gov/eens/resops/>



Chemical clean-up in Bldg. 815



## ESSH Issues, Concerns, Suggestions?

Anytime you have environmental, safety, security or health questions, please feel free to contact EENS Research Operations (x2746) or use the RO Feedback Form (anonymously if desired): <http://www.bnl.gov/eens/resops/feedback/>



## Go Green for the Holidays

Ah . . . Holidays! Here are just a few tips to consider that may help limit our consuming natural & financial resources:

Shop locally – use less gas and help keep the local economy strong.

Use recycled wrapping paper or try comics for wrapping children's gifts; kid's artwork for adults or reusable gift bags. Better yet give gifts that do not have to be wrapped like tickets to a museum, concert, sporting event etc. Buy rechargeable batteries for electronic toys & other such gift items used regularly. Donate unwanted gifts to charity. Donate food items to food drives and charities. Try LED lights for your decorating; they use up to 90 - 96% less energy (LIPA is also offering a rebate for up to 5 packages. For more info see: [www.lipower.org](http://www.lipower.org)). A festive sweater will help you turn down the heat. A cool gift idea for the holidays is the ECOSOL POWERSTICK (\$60) a portable recharger that gets its power from any available USB port - desktop or notebook computer; it provides back-up power for devices such as digital cameras, MP3 players, cell phones etc. The POWERSTICK stops consuming energy once it is fully charged and modulates the energy flow to devices it is charging. For more info, go to: <http://www.powerstick.com/>

Stop the spread of germs that make you and others sick!

## Cover your Cough



## Clean your Hands



## Stay Healthy

Hand washing is the most effective way to prevent the spread of illness according to the CDC. 1) Wet your hands with clean warm running water and apply soap, 2) Rub hands together to make a lather and scrub all surfaces and continue rubbing hands for 20 seconds, 3) Rinse hands well under running water and 4) Dry your hands using a paper towel or air dryer. Or use *alcohol-based gel* to clean hands and remember to: Apply product to the palm of one hand, rub hands together, rub the product over all surfaces of hands and fingers until hands are dry. If there isn't a tissue handy, then sneeze into your sleeve; it will help to keep those clean hands germ-free (<http://www.cdc.gov/flu/protect/covercough.htm>).



## Winter Energy Savers

Installing a digital, programmable thermostat in your home will avert about 1,800 pounds of air-polluting CO<sub>2</sub> per year (and they're mercury-free, unlike old-school types). Also, expect to save about \$150 per year on energy bills. Check this handy site that walks you through installation in seven steps: [http://www.energystar.gov/index.cfm?c=thermostats.pr\\_thermostats](http://www.energystar.gov/index.cfm?c=thermostats.pr_thermostats).

Wood- and Pellet-Burning Heaters: Clean the flue vent regularly; clean the inside of the appliance with a wire brush periodically. Close fireplace damper & seal opening when not in use. For safety, and to maximize efficiency, you should consider having a professional install your wood- or pellet-burning appliance.



**Research Operations would like to wish everyone in EENS a safe, healthy and happy holiday season!**